

Healthy Heart Foods

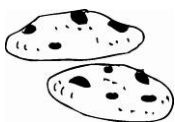
Choosing Healthy Foods

Name: _____

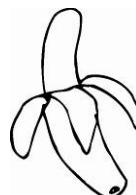
Circle four foods that would make the most healthful breakfast.



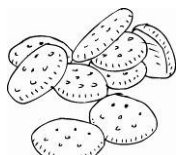
100% Juice



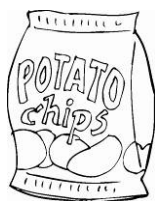
Bagel



Circle four foods that would make the most healthful lunch.



Baked Crackers



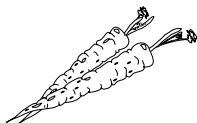
String Cheese



Circle five foods that would make the most healthful dinner.



Potato



Meat



Cupcake



Developed by: Denise Zimmer, R.D., Eat Smart Be Smart Guide: Lesson 1st—Healthy Heart

Eat Smart Be Smart

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